

put life back in your life

Join a free health program and become an expert self-manager!



Tool Kit for Active Living + Calls

AVAILABLE FOR: CHRONIC CONDITIONS, CHRONIC PAIN, AND DIABETES

Participants in the 6-week **Tool Kit for Active Living + Calls** programs receive materials and participate in a weekly 30- to 45-minute small group call* with a program leader. Programs are designed to increase confidence and well-being, and provide motivation to manage the challenges associated with living with chronic health conditions, chronic pain or diabetes.

*Calls will be conducted via telephone or computer audio.

What's included in the Tool Kit?

Chronic Conditions

- ✓ *Living a Healthy Life with Chronic Conditions*, 5th Ed. book
- ✓ *Relaxation for Mind and Body* CD
- ✓ An exercise CD
- ✓ A self-test
- ✓ Tip sheets

Chronic Pain

- ✓ *Living a Healthy Life with Chronic Pain* book
- ✓ *Relaxation for Mind and Body* CD
- ✓ *Moving Easy Program* CD
- ✓ A self-test
- ✓ Tip sheets

Diabetes

- ✓ *Living a Healthy Life with Chronic Conditions*, 5th Ed. book
- ✓ An exercise CD
- ✓ A self-test
- ✓ Tip sheets

Programs are open to adults living with one or more ongoing health conditions.

Contact Self-Management BC

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